



# Orthopaedic Protocols

## TOTAL KNEE ARTHROPLASTY/MAKO REHABILITATION PROTOCOL

### **Evaluation:**

- Determine Prior Level of Function (PLOF).
- Passive to active range of motion (AROM/PROM) of knee, patellar mobility
- Strength ankle, hip, knee
- Sensation, wound inspection
- Swelling: educate on elevation (no pillow under knee) and ice
- Mobility: bed mobility, transfers, and gait with walker (weight bearing as tolerated (WBAT) or as per doctor's order)

### **Day 1-7**

- Bed mobility, transfers, and gait training
- Therapeutic exercise to include: active, active assisted, passive range of motion exercise to knee for flexion and extension supine and seated
- Ankle pumps, quadriceps contractions, short leg kicks, straight leg raises, full leg kicks, hamstring curls, standing hip extension (kickbacks), toe presses, mini squats, hamstring stretches, and heel cord stretches

### **Week 1 – Week 4**

- Continue with above exercise progress with weights as tolerated
- Stationary bike for ROM, begin with partial revolutions and then progress as tolerated to full revolution
- Patella mobilization as indicated
- Progress lower extremity strengthening exercises as tolerated (ex: hamstring curls, leg press, and Nu-Step).
- Gait training: walker to cane to no assistive device
- Neuromuscular electrical stimulation (NMES) to quad as needed if poor muscular performance of quad and electrical stimulation to knee for pain and swelling management

ROM goal: full extension, and flexion >90 degrees

### **Week 4 –D/C**

- Continue with above exercise
- Forward and Lateral step ups and downs
- Treadmill to work on endurance and gait deviations as needed
- Continue with modalities as needed

Goals at Discharge: AROM 0 to 110 degrees, Strength 4+/5. independent with community ambulation.